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RAMSAY GOES TO 'HOTEL HELL' {page 24}

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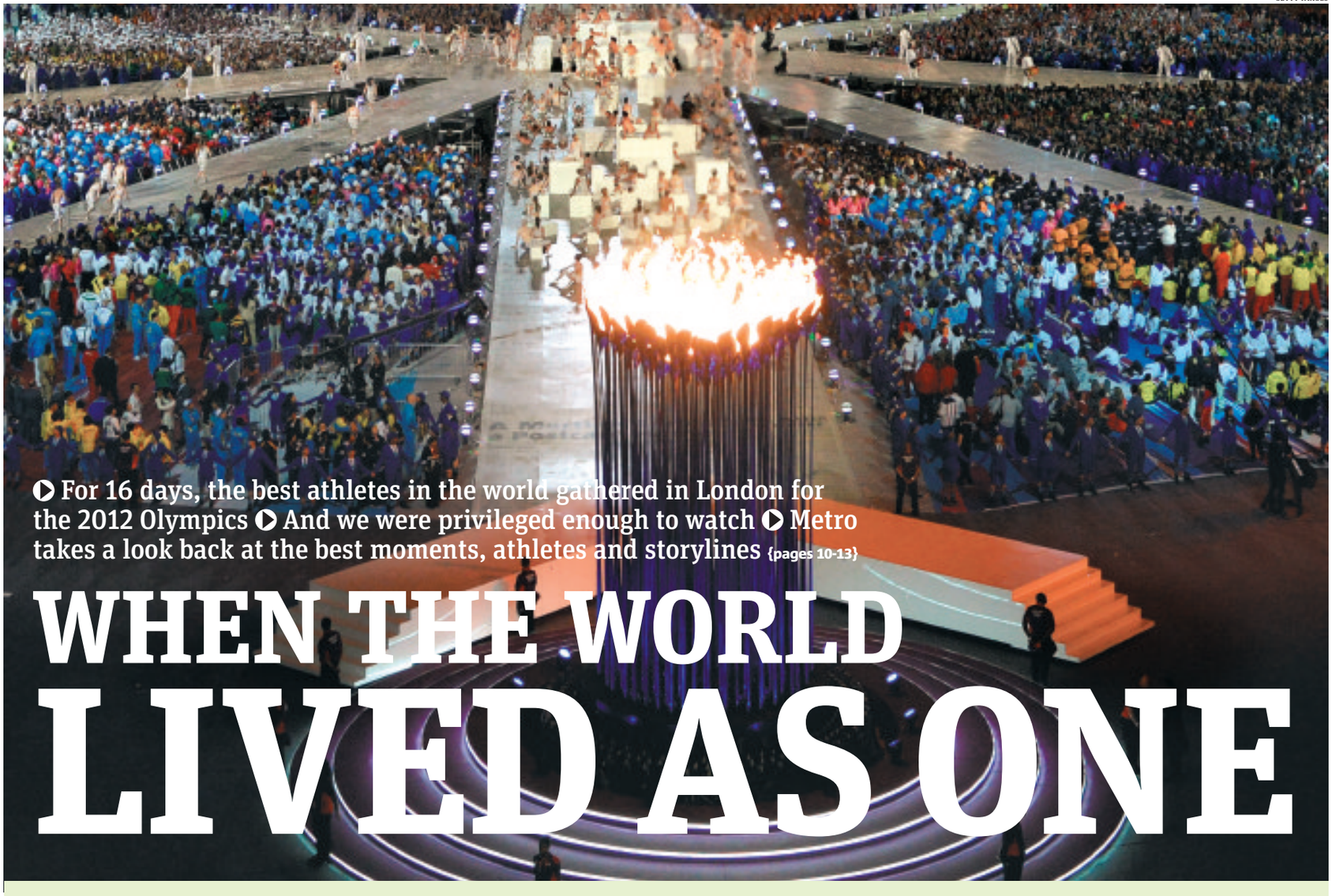

For 16 days, the best athletes in the world gathered in London for the 2012 Olympics And we were privileged enough to watch Metro takes a look back at the best moments, athletes and storylines {pages 10-13}

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In the news

Man allegedly kills mother

MIDWOOD. Richard Cohen, 31, has been arrested for allegedly stabbing his mother to death inside his apartment in Midwood. Police say they found Anne Cohen, 64, with multiple stab wounds to the torso upon arriving at the scene of the crime around 11 p.m. Saturday. She was then transported to New York Community Hospital and pronounced dead. Cohen was charged with murder. METRO/JG

In the news

Rainbow Room up for landmark status

MIDTOWN. New York's Rainbow Room, on the 65th floor of 30 Rockefeller Center, might become a landmark. The Landmarks Preservation Commission will reportedly vote tomorrow on whether it should get a landmark status hearing. It closed in 2009. METRO/AB

Justice. Rally

▶ New Yorkers rallied for justice in Chinatown.

FROM THE OFFICE OF MARGARET CHIN

Seeking justice for a New York soldier after his death overseas

New Yorkers organized Saturday at Columbus Park in Chinatown to support the family of Private Danny Chen and call for justice in his death. Chen, 19, who grew up on the Lower East Side, was found dead in October while he was stationed in Afghanistan from a self-inflicted gunshot wound. His family said that he was bullied for his race by other soldiers, and eight were later charged in connection for his death. New Yorkers on Saturday protested that the first military court martial found a defendant guilty of maltreatment and assault and battery with a sentencing of 30 days in jail. Councilwoman Margaret Chin's office estimated that 500 people attended. Chin demanded a harsher punishment in the case than 30 days in jail. METRO/AB

Swimmer dies during NYC Ironman triathlon

Athlete died during first leg of triathlon ◐ Rescuers pulled him out of Hudson, but couldn't revive him ◐ Other triathlon athletes have also died

A swimmer died Saturday while competing in New York City's first-ever Ironman triathlon.

Emergency workers tried to revive the 43-year-old man, who was not identified by name, after pulling him from the Hudson River, according to news reports. He was then transferred to a New Jersey hospital.

The exact cause of death was unknown, pending an autopsy.

Ironman triathlons are grueling events in which competitors swim 2.4 miles, bike 112 miles and run 26.2 miles.

But even non-Ironman triathlons, such as an annual 32-mile race in New York City, occasionally experience fatalities.

2.4
The swim portion of a triathlon is 2.4 miles.

Last year, for example, the New York City Triathlon left a 64-year-old man and a 40-year-old woman dead.

A 32-year-old man likewise died at the 2008 New York City Triathlon.

Nationwide, a recent study found 14 deaths among the 959,214 people who competed in U.S.A. Triathlon-sanctioned events from January 2006 to September 2008.

All but one of those deaths occurred during the swimming segment.

Triathlon participants have twice the risk of sudden death as marathon participants, according to the study.

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Borough president casts doubt on race safety

After two people died at last year's New York City Triathlon, Manhattan Borough President Scott Stringer called on the race's organizers to review their safety protocols. He also questioned why the race went ahead despite choppy water, strong currents and high temperatures. "New Yorkers signed up for a triathlon — not a game of Russian roulette," Stringer said at the time.

In the news

▶ Golden girl

Brooklyn swimmer comes home with bronze

BROOKLYN. Hundreds of cheering New Yorkers gathered Friday at Asphalt Green to welcome home Brooklyn native Lia Neal, who won an Olympic bronze medal in London for the women's 4x100m freestyle relay. "At only 17, she's got it all — a bronze medal and a Brooklyn address," Brooklyn Borough President Marty Markowitz said. Neal and teammates Missy Franklin, Jessica Hardy and Allison Schmitt finished the relay in 3 minutes and 34.24 seconds. Australia took gold in the event, and the Netherlands got silver. METRO/JG

Dirt bike rider killed in collision with cop car

BRONX. A police vehicle struck and killed a 28-year-old dirt bike rider Saturday afternoon in the Hunts Point section of the Bronx. Officials said the man was fleeing from officers along with passenger Adalberto Gonzalez, 26, who police said they had just observed riding a separate unregistered dirt bike the wrong way down a one-way street. Gonzalez suffered minor scrapes in the accident and was arrested on charges of reckless endangerment and resisting arrest, cops said. METRO/JG

Cop shot in New Jersey

NEW JERSEY. A Brooklyn cop was reportedly shot Friday night with his own gun after an altercation. Detective Louis Pepe was shot Friday in the shoulder in Manalapan, N.J., according to the Daily News, by Robert Dunbar, 35. Dunbar reportedly found Pepe at his estranged wife's house, and the two men fought over the gun, which went off four times. Pepe was hit once in the shoulder and treated for a graze wound. Dunbar faces charges of attempted murder. METRO/AB

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Police arrest alleged iPhone thieves at subway station

BROOKLYN. Two men were arrested early Saturday after stealing a sleeping passenger's iPhone at the Brooklyn Bridge subway station, police said.

Around 6:24 a.m., plainclothes officers said they observed as Antonio Fulton, 23, and Kevin Alexander, 50, repeatedly tapped a passenger on the 4, 5 and 6 train platform to make sure he was asleep and then lifted his iPhone. Upon their arrest, Fulton was found with two additional phones that didn't belong to them, police said.

2

The alleged thieves already had two other phones that didn't belong to them, police said.

METRO/JG

Police shoot and kill knife-wielding man

Cops shot and killed a man wielding a knife Saturday near Times Square.

According to police, around 3 p.m. a police officer saw a man, who they identified yesterday as Darrius Kennedy, 51, smoking what appeared to be marijuana around 44th Street and Seventh Avenue.

When the officer questioned Kennedy, a resident of Hempstead, N.Y., police said yesterday, the man "became agitated." When they tried to arrest him, he put the marijuana cigarette in his pocket and pulled out an 11-inch knife.

Then he started holding the knife above his head and put on a blue bandana, police said.

He refused to put the knife away, cops said, and he started backing down Seventh Avenue.

Officers requested backup then followed him. Police tried to subdue him with pepper spray six times, according to the NYPD.

NYPD

▶ Cops say this is the knife.

Finally, on Seventh Avenue, as officers ordered him to drop the knife, he lunged at officers, the NYPD reported.

Two officers shot at him, and he was hit in the torso, taken to Bellevue Hospital and pronounced dead.

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On video

Bystanders capture incident on camera

Some tourists and onlookers at first did not know whether the scene was real or perhaps a movie filming. Several took video as officers ordered them to get back on the sidewalk. Video shows people following officers as they chase the man, who is seen walking backwards through the streets as sirens can be heard in the distance. The videos also capture the gunfire; about 10 shots can be heard on the video as officers again attempt to get onlookers to move back onto the sidewalk.

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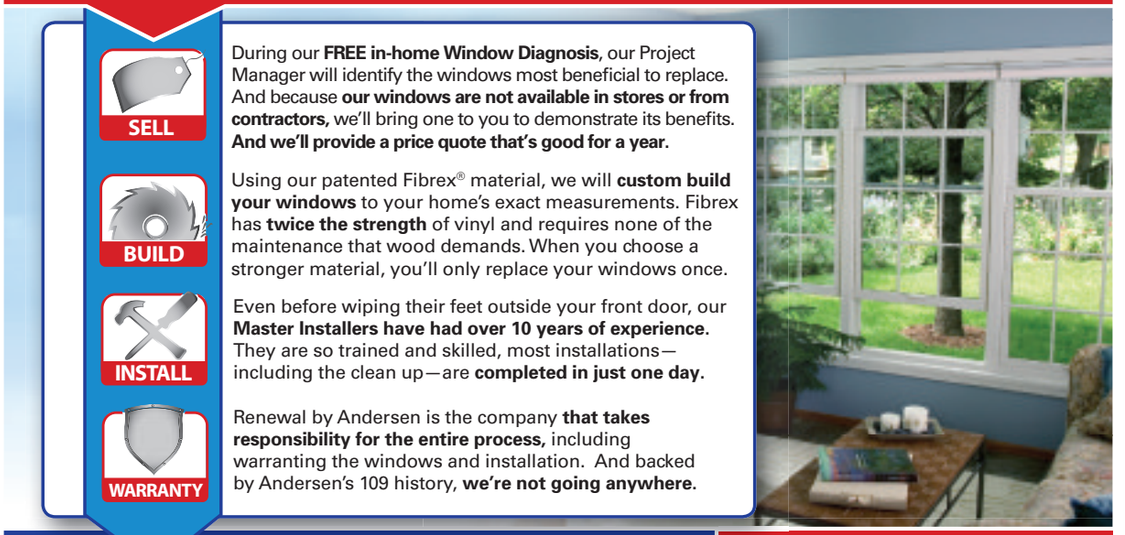

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If you or a loved one are scheduled for knee surgery,

READ THIS ARTICLE BEFORE IT'S TOO LATE!

According to the American Academy of Orthopaedic Surgeons (AAOS), there are about 270,000 knee replacement operations performed each year in the United States. This image depicts the procedure.

Want to avoid knee surgery?

Our program could be the solution you are looking for.

Do your knees hurt when going up or down the stairs?

Do you frequently take medication for knee pain?

Have you tried physical therapy?

Do the activities you enjoy cause pain in your knees?

Have you had cortisone or other injections to the knee that have not worked?

Do your knees make you feel older than you really are?

Are you afraid that your knee pain is only going to get worse?

If you answered YES to any of these questions, keep reading...

[1] Reference - Epidural steroid injections procedures. Medscape reference retreived July 26th 2011. [2] Results may vary. Prior results cannot guarantee future outcomes. Copyright © 2012 NY Wellness Solutions, Inc.

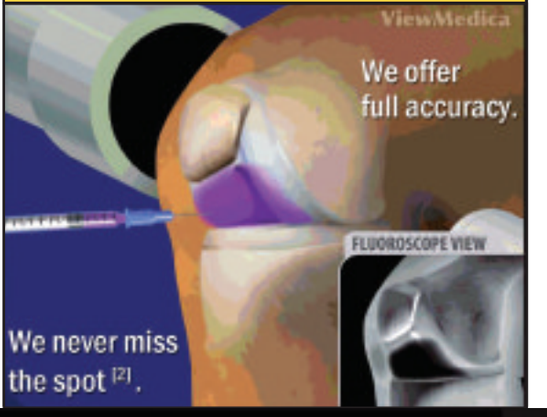
Why do knee injections often fail?

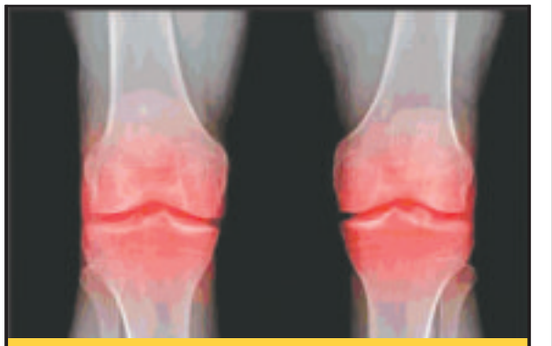
What's different about our procedure?

Most doctors today do one of three things:
1) They perform "blind injections" (an injection done without imaging guidance).
2) They use antiquated equipment from as far back as 2001, even in some of the largest hospitals in New York. 3) They use Cortisone, which can have side effects.

Precision is the difference.

FACT: 30-40% of blind injections result in needle misplacement. [1]With this much inaccuracy, **it's no wonder most people never find relief.**





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When will I feel results?
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Will my insurance cover this treatment?

Yes, most PPO insurances will cover this treatment*. We work with Medicare:

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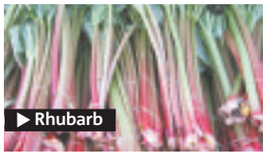
Farmers markets double in decade


▶ Rhubarb

▶ Strawberries

METRO FILE PHOTO

▶ New Yorkers stroll through the Union Square farmers market.

Farmers markets full of tables packed with fresh vegetables have exploded during the last decade, according to a new report released this weekend.

New York State Comptroller Thomas DiNapoli released a report Saturday showing a dramatic increase in the number of markets in the city and state.

The report, issued to coincide with the United States Department of Agriculture's National Farmers Market Week, which ended Saturday, reveals that the number of markets in New York sharply increased, from 235 in 2000 to 521 in August 2012.

The city hosts 138 of those markets, dotting the city in all five boroughs, from Union Square to Inwood to Bensonhurst.

"There are no signs of a slowdown," DiNapoli said.

Many of the booths at farmers markets belong to local farmers, helping the local farm economy, according to the report.

And making shopping more convenient are updates like more markets accepting food stamps.

"Sometimes the simplest solutions are the best, and farmers markets and green markets are a simple, beneficial way to connect our neighborhoods with fresh, healthy and locally grown food," said New York state senator Liz Krueger, who represents Manhattan.

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Where are they?

New York City has about a quarter of the markets in the state — 138 of the 521 markets in New York state. Here's how it breaks down among the boroughs:

- **48** markets in **Brooklyn**
- **39** markets in **Manhattan**
- **32** markets in the **Bronx**
- **17** markets in **Queens**
- **2** markets in **Staten Island**

500
New York is home to more than 500 farmers markets, according to the report.

Markets benefit local farmers

In a boost to local businesses, most who benefit from growing farmers markets are local farmers, according to the report. About 20 percent of New York farms were involved with these types of direct-to-consumer sales in 2009, DiNapoli's report found, and out of 262 farmers working at GrowNYC, Just Food and Harvest Home markets, 197 were located in the state.

METRO FILE PHOTO

▶ Many booths sell food grown in New York.

Ryan pick sharpens Romney duel with Obama over budget

Mitt Romney moved a partisan split over budget cuts and government's size front and center in the presidential race by selecting Paul Ryan as his running mate, choosing a lawmaker seen by Republicans as a policy visionary and by Democrats as a fiscal extremist.

Along with energizing his base, Romney's vice presidential decision shifts a campaign he has sought to frame as a referendum on President Barack Obama's economic record into a contest between two radically different visions of government's role.

The former Massachusetts governor's pairing with Ryan, a fresh-faced Wisconsin congressman, sharpens the Republican ticket's contrast with Obama and promises a lively debate on whether and how dramatically to curb spending and overhaul U.S. entitlements, particularly Medicare.

The selection thrilled Obama's campaign, which hastened to brand Ryan a budget-cutting zealot whose selection shows Romney's disregard for the middle class. The pick quelled fears among some Republicans, who said Ryan was a bold choice who would animate Romney's bid and clarify his message.

"We're offering a positive governing agenda that will lead to economic growth, to widespread and shared prosperity, and that will improve the lives of our fellow citizens," Romney said in Norfolk, Va., yesterday before introducing Ryan as his running mate. "Our plan to strengthen the middle class will get America back to work and get our country back on track." **BLOOMBERG**

Who is Ryan?

- 42 years of age, has spent most of his adult life in Congress, with little business or executive experience to speak of.
- He steadily built his credibility as a Washington insider, starting as an intern on Capitol Hill and then becoming an aide to a Republican senator from Wisconsin.
- For the past 14 years, he has served as a member of the House of Representatives.
- His 2010 manifesto "Young Guns, A New Generation of Conservative Leaders" elevated Ryan's prominence.
- Ryan also adds personal appeal to the Republican ticket.
- Ryan is also a fitness buff and leads his fellow lawmakers in a daily exercise group.

SAUL LOEB/AFP/GETTY IMAGES

For wary Tea Party, Ryan could make Romney easier to swallow

For Tea Party activists uninspired by Mitt Romney, the choice of fiscally conservative Paul Ryan as his running mate might allow them to vote without holding their noses.

Hours after Romney's announcement, Tea Partiers' reactions ranged from "Wow!" to "a step up from Romney" to "this doesn't change a thing for me" — what one would expect from a notoriously fragmented coalition bound by a desire for smaller government. **REUTERS**

Reaction from LEFT

"By picking Representative Paul Ryan, Governor Romney has doubled down on his commitment to gut Social Security and end Medicare as we know it."

SENATE MAJORITY LEADER HARRY REID, DEMOCRAT

Reaction from RIGHT

"[Selecting Ryan] demonstrates Governor Romney's commitment to returning fiscal sanity back to Washington, D.C."

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News in brief

ATTA KENARE/AFP/GETTY IMAGES

▶ Casualty figures from Saturday's earthquakes in Iran are expected to rise, Iranian officials said.

Three more US soldiers killed by Afghans

Three U.S. Marines have been shot dead by an Afghan worker on a military base in southern Afghanistan, in a deadly 24 hours for NATO-led forces during which six American soldiers were killed in rogue attacks.

"Let me clearly say that those two incidents clearly do not reflect the overall situation here in Afghanistan," the chief NATO force spokesman, Brigadier-General Gunter Katz, told reporters on Saturday.

The gunman had been detained and a joint Afghan-NATO investigation team was reviewing security and looking into the reason for the attack. **REUTERS**

Iran earthquakes kill nearly 300

Two earthquakes killed nearly 300 people and injured approximately 1,500 in northwest Iran where rescue workers frantically combed the rubble of villages throughout the night and into Sunday as medical staff desperately tried to save lives.

Thousands huddled in makeshift camps or slept in the streets after Saturday's quakes in fear of aftershocks, at least 60 of which had struck as of Sunday night. **REUTERS/METRO**

Canada farmers cash in on United States drought

JUSTIN SULLIVAN/GETTY IMAGES

▶ The U.S. Department of Agriculture on Friday cut its estimate for the U.S. corn crop more than expected, to the smallest corn harvest in six years.

After spring floods drowned his seeding plans two years straight, Canadian farmer Walter Finlay is harvesting what looks to be an average or slightly better crop of wheat and canola.

Average will do just fine this year.

The worst drought in a half century in the U.S. Midwest has scorched corn and soybean crops, igniting grain and oilseed prices and leaving farmers in Western Canada poised to profit nicely off the misery of U.S. growers.

"I certainly know buyers of feedstocks are looking wherever they can in the world to find it."
SAM MILLER, MANAGING DIRECTOR OF AGRICULTURE AT BMO HARRIS BANK

Canada is the world's seventh-largest wheat-growing country, and the top exporter of spring wheat and durum, used in baking and pasta-making respectively. It's the biggest producer and shipper of canola, used to make oil for salad dressings and margarine.

Canadian farmers will harvest a record-smashing 16 million tons of canola this year, and the biggest wheat crop in three years, according to a July poll by Reuters of traders and analysts.

Already farmers are finding new markets for their crops, as Canadian wheat replaces scarce U.S. corn in feedlots, coming to the rescue of livestock and poultry industries that are scrambling to feed their animals. Oilseeds users are also looking to plentiful canola rather than soybeans. **REUTERS**

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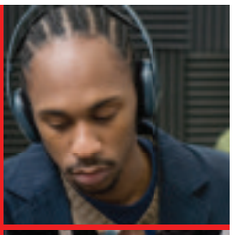

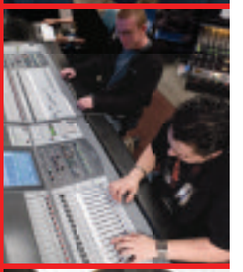

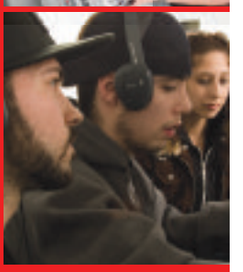

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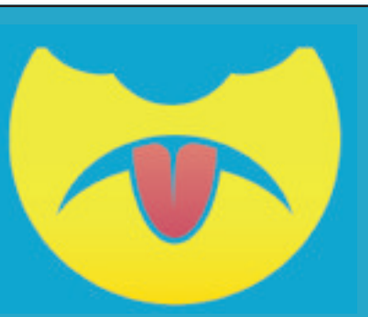

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Metro's reporter bids adieu to the Games of the XXX Olympiad in London at Closing Ceremony ◐ Olympics brought countries together ◐ Showcased best of athletic competition

TOSHIFUMI KITAMURA/AFP/GETTY IMAGES

Goodbye, London

▶ The Olympic rings are superimposed over the British House of Parliament during the Closing Ceremony of the London Olympic Games.

Did you watch Japan win gold in gymnastics?" an enthusiastic young Japanese woman asked me as the Olympic Closing Ceremony was about to begin.

I had to admit that I didn't watch Kohei Uchimura win the men's gymnastic floor exercise, but during these past two weeks I've watched athletes performing many other unusual activities: playing volleyball on a fake beach, cycling around in circles at breakneck speed. Fans have good-naturedly cheered them on, aided by the London Games' exceptionally well-trained and friendly staff.

At the Olympic closing ceremony, the fans were again there to cheer their athletes on. "Ah, I just love the Dutch," one of the Games' volunteers told me as a Dutch fan gave him a Dutch mini-flag. "They're always so friendly." Then, turning to the fan: "Come on, man, give me a kiss." But the Dutchman was already busy distributing flags to other Olympic staff.

Meanwhile, the international harmony continued as Swedish fans posed with Iranians, while a group of young Frenchmen made new friends from Indonesia and Spaniards kissed Jamaicans. In fact, the London Games have proven — as the Olympics always should — that national pride doesn't have to be aggressive.

"The visitors have been very nice and calm," a security guard told me, referring to the 80,000 people who were streaming in for the Closing Ceremony.

Nowhere is that Olympic national pride more obvious than here in the host country. Yes, Britain finished third in gold medals, its best result in a century, but following the British media coverage one could easily get the impression that no other country has won any medals. Indeed, the Olympics have done Britain a lot of good, not just in financial terms. People are suddenly proud to be British, as opposed to English, Welch, Northern Irish or Scottish. Scotland's planned independence is now uncertain.

As fans continued their cross-border love-in inside the Olympic Park, a large group of Islamists were holding a protest just outside the gates. "UN go to hell! Assad go to hell! Burma go to hell! Hands off Muslims! Allah Akhbar!" they shouted in an increasingly hostile manner. A young African strolled over and tried to calm the Islamists down: "Jesus saves, man." But, I submit, inside the Olympic stadium quite a few people would say, "Usain Bolt saves, man."

ELISABETH BRAW

METRO WORLD NEWS IN LONDON

Shut it down

The British brought out the big guns of music to throw a real closing party.

▶ **A video of John Lennon performing "Imagine" got attention,** while the music of Queen, Pink Floyd, The Who and The Kinks all appeared.

Medal count

	G	S	B
1. UNITED STATES	46	29	29
2. CHINA	38	27	22
3. RUSSIA	24	25	33
4. GREAT BRITAIN	29	17	19
5. GERMANY	11	19	14
6. JAPAN	7	14	17
7. AUSTRALIA	7	16	12
8. FRANCE	11	11	12
9. SOUTH KOREA	13	8	7
10. ITALY	8	9	11

London gets a dose of Girl Power in Olympics

▶ Felix is the first female to win three track golds since 1988.

It was fitting to have the originators of Girl Power — the Spice Girls — close out an Olympics that was the most dominant for women in history.

Not only did every country send at least one female representative for the first time, the U.S. team was dominated by performances from the ladies.

They won 29 of the 46 gold medals the United States won and 58 of the 104 total. It was the first time women had out-medaled their male counterparts — and it wasn't even close.

From Allyson Felix winning three golds on the track to Missy Franklin taking home four in the pool, the U.S. women dominated. And don't forget about team sports, where the basketball, water polo and soccer teams all won gold. ● METRO

Each year hundreds of students who start college elsewhere, finish at Monroe.

Open House Tuesday, August 14th, 9am - 7pm. Details inside.

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World will head to Rio for 2016 Games

The London Olympics may be only one day in the books, but the best cure for an Olympic hangover is to look ahead.

It was announced on Oct. 2, 2009, that the 2016 Summer Olympics will be held in Rio de Janeiro, Brazil — the first Games ever held in South America.

And with the handing over of the Olympic flame from London to Rio, the march to 2016 has already begun.

Rio is also hosting the World Cup in 2014, so many of the same venues will be used. That includes Maracanã Stadium, where the opening and closing ceremonies will be performed, as well as the finals of the soccer tournaments — sure to be among the most raucous ever held.

When Rio submitted its bid to the IOC, it was planned to cost $14.4 billion. But that was just an estimate and it could certainly cost more than that. IOC Chief Jacques Rogge said before the London closing ceremonies he wanted a final budget as soon as possible.

Two new sports will debut in Rio, including golf and rugby. Tiger Woods was among the golfers who lobbied for the sports' inclusion and will likely play as well.

The Games have come a long way since just nine sports in 1896.

MARK OSBORNE
mark.osborne@metro.us

Winter Games?

If you fell asleep in geography class, the 2016 Games in Rio will actually be held during the winter, since it is in the southern hemisphere.

Don't worry about bringing a coat though. Temperatures in winter in Rio are generally about 78 degrees Fahrenheit. You can bring your swimsuit.

GETTY IMAGES

▶ Rio Mayor Eduardo Paes

Which US city should host next?

While the financial rewards of London hosting the 2012 summer games will be highly debated over the next several days, cities across the globe won't hesitate to put in a bid for the world's biggest athletic celebration going forward.

With the 1996 Summer Games having been held in Atlanta and the 2002 Winter Games having been held in Salt Lake City, it is a near guarantee that a U.S. city will host another Olympics within the next 20 years.

Metro takes a look at where those games could be held in the U.S., and the likelihood that a bid would be accepted by the International Olympic Committee. MATT BURKE

Chicago

Its bid for the 2016 Games came up short, but by the time the bidding for the 2024 games comes around (2015), Chicago should be one of the global favorites.

"The Chi" in the summertime is phenomenal and in its 2016 bid all of the athletic facilities would have been in close proximity. The reason this wouldn't be a lock is the budget. Chicago was looking at a $3.8 billion budget for the 2016 games and many in the Windy City wanted to pass.

Olympic chances: 9

Philadelphia

In the middle of the Northeast Corridor, Philly would have no trouble attracting a large, Olympic-sized crowd. But is the city really equipped to handle that much traffic?

One plus is that there are three relatively new athletic stadiums all within walking distance of one another. The Wells Fargo Center could host indoor events like basketball and volleyball, while Lincoln Financial Field would have to be altered for track and field.

Olympic chances: 4

New York

Yes, the congestion in NYC would be horrific and no major U.S. city is currently in the position to budget $3 billion for two weeks of fun, but New York is the type of "world-class city" that the IOC drools over.

Its West Coast rival Los Angeles has, in Olympics-terms, likely hosted the Games too recently (1984) to be considered a possibility. The United States Olympic Committee nominated NYC for 2012, but the bid was eliminated on the second ballot.

Olympic chances: 7

Boston

If Atlanta could host an Olympics, why couldn't Boston?

The obvious issue, however, would be the ability to build an Olympic-sized stadium in the city. The last time a Gillette Stadium-sized project was proposed for Boston, it was met with endless barriers. There's a reason why the Patriots still play 25 miles south of the city. And it took the threat of a move to Connecticut just to get that stadium built.

Olympic chances: 4

Who's back?

We know the 2016 Games will be held in Rio, but which athletes will be there to compete? Four years is a very long time in sports, but let's take a look at some of the stars from the London Games and see if they could figure into Rio:

Usain Bolt (Age: 25)

Bolt has already said he hopes to be in Rio as long as he is healthy. We hope he is too. Carl Lewis went to three straight Olympics as a sprinter, but was only on the 4x100-meter relay team. Bolt may be more driven by Yohan Blake, though.

Gabby Douglas (Age: 16)

The good news for fans of the American and individual all-around champion is that she is only 16. But the U.S. women's gymnastics team has been entirely new in each of the last three Olympics. It's unlikely she, or any of the "Fab Five," will be in Rio.

Missy Franklin (Age: 17)

Franklin is the anointed heir to the U.S. swimming crown, so huge things will be expected of her in Rio. She won four golds in London and could swim a Michael Phelps-esque program of eight races in 2016.

David Boudia (Age: 23)

Like gymnastics, diving is often a young person's game. In fact, Boudia was the oldest member of the men's diving team in London. But Boudia was a late bloomer in the sport and his gold in London will likely mean he at least gives Rio a go.

Alex Morgan (Age: 23)

Abby Wambach is almost certainly done on the U.S. women's soccer team. So who is going to lead them? Well, Morgan is the natural bet. She may already be the most recognizable player. The pressure to beat Marta and Brazil in Rio will be absolutely tremendous for the United States.

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The games in pictures

Scenes from two weeks in London 2012

1 After winning gold in Beijing, **Kristin Armstrong** retired from cycling to have a baby. Well, she decided to come out of retirement for London and stood on the podium with her 3-year-old son as gold medalist in the women's time trial.

2 If you saw **Missy Franklin** in London, chances are you saw her smiling. The bubbly 17-year-old from Colorado with the size 13 feet won four golds — the most of any female athlete at the Games — in swimming.

3 One of the biggest upsets came in the men's 100-meter freestyle as American **Nathan Adrian** upset Aussie James Magnussen for the gold. He also won quite a few female fans.

4 Any thought that these Olympics wouldn't still belong to **Michael Phelps** disappeared after a fourth place finish in the 400-meter individual medley. In his next six races he won two silvers and four more golds as he set the record for most medals in Olympic history.

5 Finishing second is no fun. Just ask **Sanya Richards-Ross**, who cracked down the final straightaway of the 400 meters in Beijing and lost her chance at gold. No such pain in London, as Richards-Ross took gold in the 400m and the 4x400m relay.

6 Storybook endings are rare in sports. Phelps got his in London, but so did the duo of **Kerri Walsh Jennings** and **Misty May-Treanor**. The best pair in beach volleyball history won their third straight gold in London.

7 For the most part the weather was surprisingly good — and very unlike rainy London. Just don't tell that to gold medalist **Marianne Vos** and the ladies of the women's road race.

8 Remember when people talked about **Usain Bolt** being vulnerable coming into London? Not so much. He leaves as the unquestioned greatest sprinter of all-time.

9 Nothing sums up the agony of defeat more than American runner **Morgan Uceny**, who tripped and fell on the final lap of the women's 1,500 meters. It was deja vu for Uceny, who also fell on the last lap at the 2011 World Championships.

10 Revenge never tasted as sweet as it did for the U.S. women's soccer team. **Alex Morgan**'s goal in the 123rd minute of the semifinal against Canada set up the U.S. win over Japan, who beat them in the 2011 World Cup final.

11 You wouldn't have known it in the U.S., but the biggest star going into the game for Britain was **Jessica Ennis**. The 26-year-old from Sheffield was plastered all over billboards in London. She didn't disappoint, winning the heptathlon in front of a raucus Olympic stadium.

12 As if you needed an illustration, it hurts to drop 423 pounds on your neck. Germany's **Matthias Steiner** found that out the hard way. He was, thankfully, miraculously unharmed.

13 There is rarely a better lock for gold than a Chinese diver. They won seven of eight golds in China and six of eight in London. But thanks to American **David Boudia**, they didn't win the marquee event — the men's 10-meter platform. Boudia sunk world champ Qiu Bo to take gold.

14 Even Usain Bolt was imitating **Mo Farah** by the time the British native won double gold in the 5,000-meter and 10,000-meter races. He and Ennis were clearly the home favorites to come out of London.

15 Nope, she isn't even slightly impressed with that silver medal. **McKayla Maroney** is probably still the best vaulter in the world — but after landing on her butt with a gold medal all but assured, it's not surprising the world got that look.

16 No such snear from individual all-around champion **Gabby Douglas**. She was all smiles after capturing America's third straight gold in the all-around — and a whole lot of fans back in the states.

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College organization redoubles efforts to remove Chik-fil-A from campuses

Recent anti-gay comments by Chick-fil-A president Dan Cathy have spurred LGBT students into action

In just a few short weeks, the Chick-fil-A culture wars may gravitate toward college campuses as students across the country return to class.

Campus Pride — the largest organization of LGBT college students nationwide — says that it intends to use Chick-fil-A president Dan Cathy's recent comments as leverage in its decade-long effort to remove the fast-food chain from college campuses.

"A lot of things have happened recently to educate college students about this company's activities. When they get back on campus, there's going to be even more direct action taking place," says Shane Windmeyer, the executive director of Campus Pride. "We want to let students know that every time they buy Chick-fil-A, they're supporting a company that funds hate groups."

Campus Pride has long opposed Chick-fil-A because of WinShape, a nonprofit founded by the Cathy family in 1984. Over the years, WinShape has given money to various anti-gay groups, including the Family Research Council — which, as Windmeyer points out, is designated as a hate group by the Southern Poverty Law Center.

Campus Pride also intends to challenge food services contractors that offer Chick-fil-A on campuses. And the group will likely gain some traction there: Two of the three major providers — Aramark and Sodexo — are considered LGBT-friendly corporations by the Human Rights Campaign, and both seem to value that status.

"What Dan Cathy said, actually, I think he has every right to say. I think he has every right to own a business. In fact, I'm so glad he has finally come out as anti-gay. It makes it easier for people to choose between his company and others," says Windmeyer. "But consumers also have the right to know what groups his company funds. It's kind of funny that the same company that sells chicken with cows also claims to be Christian, yet funds hate groups. So I think they are very confused."

BRUCE WALSH
bruce.walsh@metro.us

GETTY IMAGES

▶ "What Dan Cathy said, actually, I think he has every right to say," says Windmeyer. "It makes it easier for people to choose between his company and others."

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Internships have become critical to students' career development, with many employers now demanding them. Paid internships are harder to find, but can be much more beneficial for your career; not only do you get money, you are also trusted with more important projects.

According to the National Association of Colleges and Employers, paid interns spend more of their time on professional duties while unpaid interns are given more clerical tasks. Recently, NACE found that 60 percent of graduates who had paid internships received at least one job offer. When employers pay you, they are investing more in you — therefore, the probability they hire you full-time is higher. Here are three ways to find a paid internship:

THINKSTOCK IMAGE

▶ A paid internship can mean more than some extra money in your pocket.

1 Look in the winter and spring. Most students hear from career advisors and parents that summer is the best time to find internships. Based on research from Indeed.com, a top job search aggregator, the best time to find paid internships is actually winter and spring. The amount of paid internship postings increases 26 percent higher on average during those seasons. If you look when others don't, it's also easier to stand out.

2 Use all of your resources. The best way to learn about paid internships is to ask around. Talk to your family and friends, and connect with your LinkedIn contacts. Go to conferences and local events, ask your teachers, attend job fairs and even look on Craigslist. When you approach a possible opportunity, ask up front if it's paid before you go on a series of interviews. If it's unpaid and you have no other options, try to at least get course credit for your hard work.

60
The percentage of college graduates who had paid internships and received at least one job offer

3 Alter expectations according to your interests. Depending on your major and the industry you want to pursue, the likelihood of finding a paid internship changes. For instance, if you want a job in entertainment you may not get paid. If you're an accounting or finance major, there's a high likelihood that you will get paid as an intern. The more in-demand you and your degree are, the better chance you have at securing a paid internship.

*– **Dan Schawbel** is the founder of Millennial Branding, a Gen-Y research and consulting company. Subscribe to his updates at Facebook.com/DanSchawbel.*

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THE WORD

Metro's **Monica Weymouth** shares her take on the world of gossip @monicaatmetro monica.weymouth@metro.us

— Monica will return on Wednesday.

Perry, Mayer canoodling continues

ALL PHOTOS GETTY IMAGES

It looks like **Katy Perry**'s got a type — tall, dark and grungy. After splitting with hubby **Russell Brand** last year, the "Wide Awake" singer now seems to be getting cozy with another member of the shower-averse club: **John Mayer**. The two, who shared a dinner date earlier this month and have been spotted around L.A. since, were recently snapped leaving a house party in Los Feliz, Calif., over the weekend, TMZ reports. So is the Hollywood playboy — who's been linked to a slew of A-list ladies, including **Jennifer Aniston**, **Jessica Simpson** and **Taylor Swift** — Perry's new knight in shining armor?

"She's not talking like he's 'the one,'" a pal of Perry's tells People. "She's comfortable around guys who understand the craziness of that world, which he definitely does."

If Perry has indeed found a man who understands her kind of world — a technicolor dreamland with purple wigs and whipped cream-spewing bras — we can't help but wonder what John Mayer really has been putting in his pipe all these years.

▶ It sounds like John Mayer is still testing the A-list dating pool.

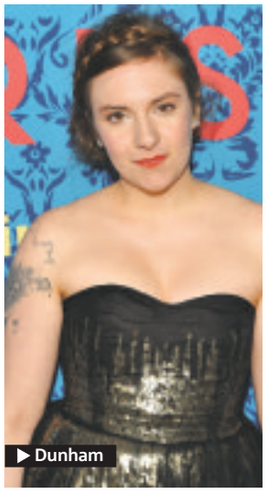
▶ ... and Katy Perry may be his new "Wonderland."

New celebrity BFF alert

Now here are two people we wouldn't want to put in a room together: gossip magnets **Kristen Stewart** and **Lindsay Lohan**. X17.com reports that the two were seen at a party in Huntington Beach, Calif., which Stewart attended in support of her younger brother, **Cameron**, who had participated in a surfing competition connected with the fete. No word on why Lohan was there — but if other reports are true (see below), maybe it was just so she could throw things and shame others for not being famous. If Stewart wants to keep this whole reviled-by-the-public thing going, perhaps she has decided to learn from the master.

— Today's Word was written by Meredith Engel and Heidi Patalano.

Talking points



▶ Dunham

Dunham pokes fun at Stewart on Twitter

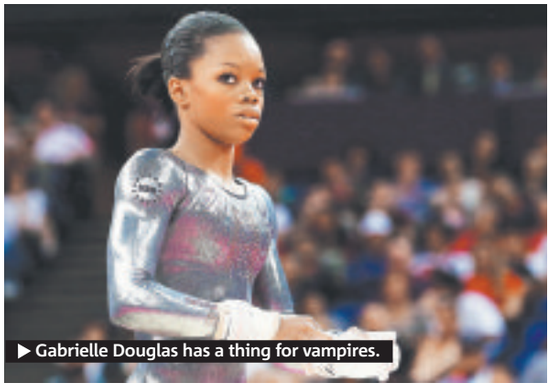
Talk about deflecting. Last week, "Girls" creator **Lena Dunham** tweeted a picture of herself with a scarf wrapped around her head, hijab-style, along with the message "I had a real goth/fundamentalist attitude when I woke up from my nap." After posting the racially insensitive tweet, Dunham quickly apologized — making fun of "Twilight" star **Kristen Stewart** in the process. "You should apologize if you make a mistake," Dunham wrote. "I mean, not to the K Stew level, but..." Stewart, who had been notoriously tight-lipped about her private life, has received criticism over her public apology for cheating on boyfriend **Robert Pattinson**, with some complaining that is was over-the-top and disingenuous.

Gold medalist's dreams crushed

U.S. gymnastics gold medalist **Gabrielle Douglas** is learning that winning big at the Olympics doesn't get you everything you want. The 16-year-old athlete recently learned that her celebrity crush, **Ian Somerhalder**, is dating his "Vampire Diaries" co-star **Nina Dobrev**, dashing her hopes. "I'll show him my gold medal. You never know," Douglas joked to Us Weekly. "Does Ian have a brother?"

Misbehaving Lohan swears she is 'a star'

Lindsay Lohan's bad behavior at a recent birthday bash for pal **Francesca Eastwood** has friends scratching their heads — and worried the old Lohan is back, according to Us Weekly. "Francesca was celebrating with around a dozen friends in a private area when Lindsay came over and started screaming that Francesca should leave," a source says. "She was yelling, 'I'm a star, she's a nobody, get her out of here!'" Security eventually asked Lohan and her entourage to leave. But the birthday girl — who's dating Lohan's photographer friend, **Tyler Shields** — wasn't fazed by the display. "I'm not sure what exactly sparked Lindsay's outburst," Eastwood tells E! News. "Regardless, I still had an amazing night."



▶ Gabrielle Douglas has a thing for vampires.

2

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Usain Bolt is not playing down his achievements, Ryan Lochte finds time for some tourism, Tom Daley is celebrating his bronze medal and Serena Williams has some uncomfortable sleepwear.

@usainbolt
Thanks to all my real fans and people who believe in me. I am now a living legend that's for sure.

@ryanlochte
Finally going to be able to go on the double decker bus and get a tour of London. So excited. #Jeah

@TomDaley1994
Let the madness begin!!!

@serenawilliams
Gold Medal!!! I can't believe it. I got the singles gold!!!!!! I'm gonna sleep in it tonight!

Ryan Lochte

Crush with eyeliner

Now that **Johnny Depp** is single and jumping onstage with Aerosmith and The Black Keys, we remembered how far a little "guyliner" can go.

1. Johnny Depp doesn't just rock eyeliner on stage — the actor has been wearing a smoky eye even before Captain Jack's signature smudge.

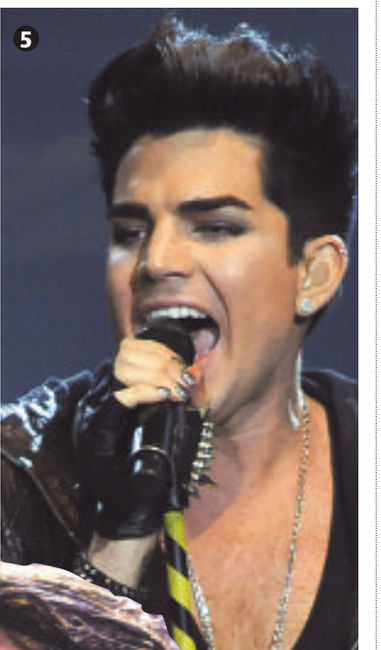
2. These days, we're pretty sure **Steven Tyler** sleeps in his oversize sunglasses. But underneath, we assume he's still adding a little pop with the pencil.

3. Hung over? Beat up? Just a little dirty? **Billy Joe** and his dark circles like to keep us guessing.

4. British comedian **Noel Fielding** and **Russell Brand** both smudged on a little liner in 2007. (Brand has since cleaned up his act — Fielding added more mascara.)

5. Adam Lambert gets extra credit for the eye shadow.

6. We're pretty sure **Ozzy Osbourne** had no idea he was even wearing eyeliner in June.



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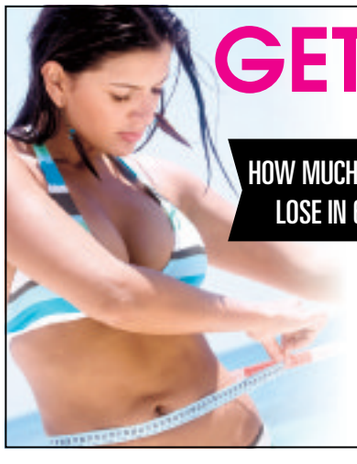

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Weisz hits the ground running

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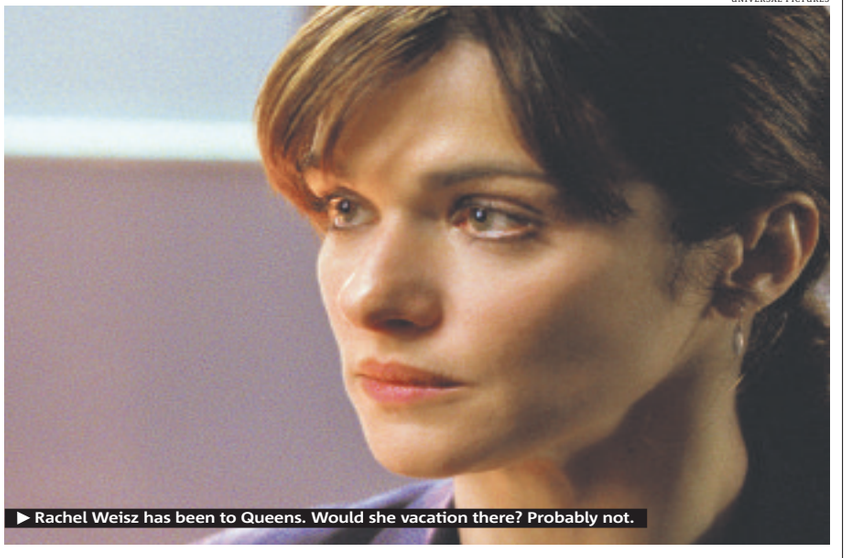

▶ Rachel Weisz has been to Queens. Would she vacation there? Probably not.

The British actress gets her first taste of realistic action in 'The Bourne Legacy' It's no vacation

As a fan of the "Bourne" series, British actress Rachel Weisz says she needed little convincing to sign on for "The Bourne Legacy," which sees Jeremy Renner take over for Matt Damon as a special agent going up against the secret government program that trained him. But one thing Weisz didn't count on was the amount of running that would be involved.

Your character, a government scientist who becomes an accomplice of Jeremy Renner's character, may have a more interesting character arc than his.
She's got a great arc, yeah. [She starts] as someone who's kind of morally blinkered about what she's doing and is told not to ask questions — which suits her just fine, because if she started thinking about what she was doing I think she would know that she's very morally compromised. So to go from this morally comprised, really f—ed up scientist living in this big house without a man, and then, as [director Tony Gilroy] says, to see her become a warrior — she decides that she wants to live, and she rises to the occasion, which is cool.

When you first read the script, did you realize exactly how much running was involved?
No. I kind of skimmed through the action pages and was reading the character stuff and story stuff. Because actually action sequences don't read that interesting on the page, and a lot of that was kind of choreographed later. No, I didn't realize that would be that much running. It's a lot of running, a lot. I've never done anything that's this realistic. Something like "The Mummy," for instance, is a completely different tone and genre. It's like a spoofy, B-movie, funny, horror send-up kind of thing. So this required something completely different.

Working in film can be a great way to see the world, it seems.
Definitely. I mean, it's very different being somewhere and working there than being somewhere as a tourist and just being on holiday, because you're hopefully relaxed when you're on holiday. But yeah, I've seen a lot more of the world. Manila was a fascinating city.

Are there any locations you've filmed that you've then gone back to for holiday?
Um ... hmm. No. I was trying to think if there was, but no. I've been to Kenya — and then Queens for this for a bit.

Q&A

Did you enjoy the stunt work?

I did, yeah. I mean, some were terrifying. We really did almost all our own stunts, and there was no green screen, so it was real. We were shooting in real locations, so they're shutting down the freeways of Manila, and it's me on the back [of a motorcycle] holding on to Jeremy and there's 200 stunt cars driving. There's just so many elements, so many things that could go wrong. It wasn't just my ability to hold on. I wasn't acting in those scenes, I was just terrified.

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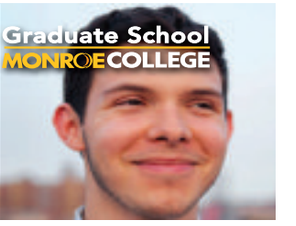

SNEAK ATTACK THEATER

David Rasche is the self-effacing, smart protagonist in Kenneth Lin's 'Warrior Class' — a slow, masterful examination of a political campaign

A crumpled raincoat is not the only thing Nathan (David Rasche), in "Warrior Class" at Second Stage Theatre Uptown, has in common with Peter Falk's classic television detective, Colombo. Like Falk, Rasche uses a self-effacing, albeit citified, "aw, shucks" manner to mask the keen intelligence of his character. But Nathan's primary concern isn't justice; it's sheer self-interest.

If you go

'Warrior Class'
Second Stage Theatre Uptown
Broadway at 76th St.
$50, 212-246-4422
www.2st.com

Dramatist Kenneth Lin gives Rasche plenty to work with: Nathan is a politico helping state assemblyman Julius (Louis Ozawa Changchien) angle for a congressional run. The bad news is that Julius' college girlfriend Holly (Katharine Powell) credibly claims that he stalked her after they broke up. The good news is she's willing to keep quiet in exchange for a job for her unemployed husband.

Lin is quite adept at building detail upon detail, steadily upping our interest. And Rasche's smooth build toward Nathan's ultimate revelation is masterful. The plot's denouement should come as no surprise, yet catches us off-guard because of Nathan's — and Rasche's — inherent diversionary tactics.

But the play has one fairly significant shortcoming: its lack of activity. It's part and parcel of theater that dialogue rules, but here it's talk and more talk, which gets tired — notwithstanding the quality of what's said. "Warrior Class" is ultimately intriguing, but it could be even more compelling if Lin gave his talented actors some action.

MICHAEL BRACKEN
michael.bracken@metro.us

CAROL ROSEGG

▶ David Rasche plays a shrewd politico in "Warrior Class," which runs through Aug. 18 at Second Stage Theatre Uptown.

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The National Academy of Engineering report "Technology for a Quieter America"
George Maling, lead author
What I learned listening to noise
Garret Keizer, author of the book The Unwanted Sound of Everything We Want (Public Affairs 2010)
Proposed ANSI Standard: guidance for developing state noise regulations and local noise ordinances
Bennett Brooks, co-chair, ANSI S12 WG41
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‘Bourne’ beats Batman in weekend box office

‘The Campaign’ trails Jeremy Renner’s action reboot to put ‘The Dark Knight Rises’ in the third slot

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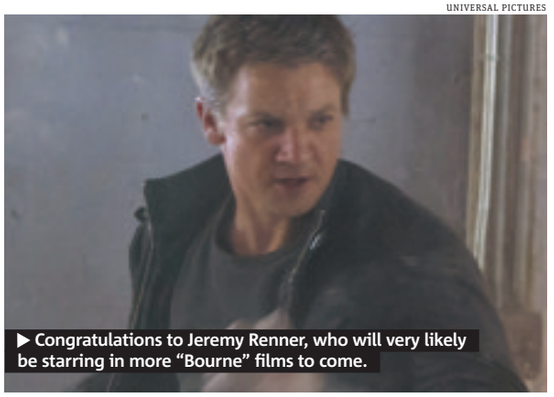

▶ Congratulations to Jeremy Renner, who will very likely be starring in more “Bourne” films to come.

Action movie “The Bourne Legacy” and adult comedy “The Campaign” knocked three-time box office champ Batman from the top of U.S. and Canadian box office charts over the weekend.

“The Bourne Legacy” scored an estimated $40.3 million in ticket sales from Friday through Sunday, distributor Universal Pictures said. The film stars Jeremy Renner in the sequel to the three earlier “Bourne” spy films that featured Matt Damon.

“The Campaign,” starring Will Ferrell and Zack Galifianakis, about two candidates running against each other for a seat in Congress, won $27.4 million at domestic theaters.

The two films pushed Batman film “The Dark Knight Rises” to third place. The movie, starring Christian Bale, brought in $19.5 million during its fourth weekend in theaters.

Comcast Corp.’s Universal Pictures released “Bourne Legacy.” “The Dark Knight Rises” and “The Campaign” were distributed by Warner Bros., a unit of Time Warner Inc. **REUTERS**

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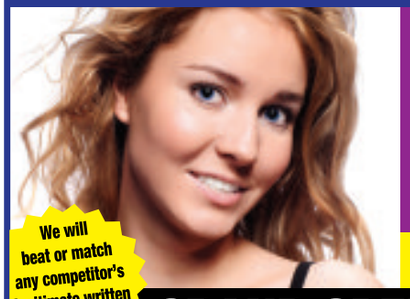

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Series premiere, 8 p.m., NBC

'Grimm'

DRAMA. Fairy-tale monster-hunter Nick tries to come to terms with the return of his presumed-dead mother while a series of murders reveals a conspiracy to hunt him down.
Season premiere, 10 p.m., NBC AMBER RAY

A nightmare vacation

JEFFREY NEIRA/FOX

▶ Gordon Ramsay, right, meets with hotel owners to improve their businesses on "Hotel Hell," premiering tonight at 8 on Fox.

▶ Gordon Ramsay aims to rehab bed-and-breakfasts and resorts on 'Hotel Hell' ▶ His advice for travelers

"Kitchen Nightmares" host Gordon Ramsay's new renovation reality show will make you think twice about staying at a hotel ever again.

In "Hotel Hell," the celebrity chef steps out of the kitchen and into the country's bed-and-breakfasts and resorts in desperate need of overhaul. The problems range from an unwillingness to change business strategies during a slow economy to — gross-out alert — finding a duvet cover that hadn't been cleaned for 18 months.

"It's so obvious what's wrong," Ramsay says of the hotels he visits in the new Fox series. "I don't think common sense becomes that common in those scenarios. That's the frustrating part."

Ramsay swears he didn't travel to these hotels "to create havoc" — though he uses his trademark bluntness to point out flaws, which rubs some hotel owners the wrong way. "I went in there to position it in a way that they have to be responsible," Ramsay insists.

And some standards, it seems, have dropped appallingly low.

"The shock for me … was the general hygiene," Ramsay says. "If you had a dentist appointment tomorrow morning and you were going for a filling or a polish, you would see that unique space spotless. I think kitchens and hotel rooms and bathrooms should be exactly the same. The biggest worry across the whole series was the states of the pillowcases. Remove the pillowcases, flash the black light in there for 30 seconds, and I was horrified. I mean literally horrified — and I'm talking about some very expensive hotels."

On the series, Ramsay's intervention may be the hotels' last chance to stay in business. But in a broader context, he says, consumers, too, can play a part in bettering the hospitality industry.

"I don't think, as a nation, we complain enough," Ramsay says. "We need to demand either our money back or a credit rating [after a bad stay] so we can return there for a much better experience. In order for the industry to get better and the hospitality sector to raise its game, then we need to complain more."

AMBER RAY
amber.ray@metro.us

Worst of the worst

Ramsay has important advice for couples looking for a romantic getaway.

▶ **"If you get there and they suggest they're going to upgrade you to the honeymoon suite: Don't take it," Ramsay says.** "I'm trying to be serious, because it is somewhat … not just shocking — personally, I didn't think it could shoot that far," he adds, deliberately remaining vague before offering a PG explanation: "Um, I'm talking about if you shake a can of Coke and open it."

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Crafting your elevator pitch

Motivational speaker Terri Sjodin teaches us how to channel our passion to deliver an exciting business pitch Plus, how to get what we want from meetings

GEORGE DOYLE

▶ The clock is ticking, so know exactly what you want to say.

Motivational speaker Terri Sjodin has taught her persuasive sales techniques to hundreds of companies nationwide, from AETNA to the YMCA. An oft-featured speaker at Republican Party leadership events, Sjodin's latest book — "Small Message, Big Impact: The Elevator Speech Effect" — is an attempt to apply her strategies to everyday office situations.

How do you stay true to yourself and still craft an effective pitch?

When I do workshops, I videotape people telling a personal adventure story. While they're sharing it, they're animated, and they use their own little colloquialisms. Basically, they're having fun. Their natural voice comes through. Then I take that same person and video them giving a business presentation. They suddenly become like Stepford [wives]. There's this fictitious business mode that people think they need to adopt. Now, I'm not saying you shouldn't behave appropriately in a meeting, but starting to blend in your natural passion would be a good first step.

Where do people go wrong in crafting an elevator speech?

"I'm not saying you shouldn't behave appropriately in a meeting, but starting to blend in your natural passion would be a good first step."
SJODIN

They don't take the time to craft it. They wing it. It takes time and effort to honestly ask yourself: What do I want to say? What's important about what I want to say? And, more importantly, what does the listener think is important? What's the sexy nugget about what I have to say?

But the listener often throws wild cards at you.

That's why, before every business meeting, it's also important to ask yourself a basic question: What do I want to happen as a result of this meeting? Once you know what you want — in plain and clear language — it becomes easy to work out what they need to hear in order to give you that.

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The many ways depression manifests

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Since I was laid off two months ago, I haven't been sleeping well. I'm much more irritable and haven't been very motivated to do some of the things that I usually enjoy, like playing tennis. My girlfriend thinks I'm depressed, but I'm not suicidal or anything like that. What do you think?

I'm sorry to hear about your job. Times are tough. Job loss is considered one of the top 10 stressors a person can experience in the course of a lifetime. Obviously, unemployment can affect your mood, your self-esteem and your sleep. And a lack of sleep can affect your mood, your self-esteem and your energy level. Sometimes it's hard to tell what comes first.

So are you depressed? Possibly, but it's hard to determine without more information. On the surface, you seem to display at least two of the five symptoms needed to diagnose depression. Your insomnia and loss of interest in activities that you previously found pleasurable are two signature signs. But in order to make a definitive diagnostic and Statistical Manual of Mental Disorders, at least three more symptoms would need to be present for most of the time during a two-week period:

- Feeling sad and empty
- Significant increase or decrease in appetite
- Fatigue or loss of energy nearly every day
- Feelings of worthlessness and hopeless about the future
- Diminished ability to concentrate/indecisiveness
- Recurrent suicidal thoughts
- Feeling unusually sluggish or slowed down

Rather than take my word, my advice is to consult a mental health professional who can do a full and proper assessment. Depression, considered the common cold of mental illness, is nothing to be ashamed of — but it is something to take seriously, especially if it persists. Fortunately, treatments like cognitive behavioral therapy and anti-depressants can help alleviate symptoms.

In the meantime, I suggest creating a routine that involves a set schedule and work area for your job search. Consider consulting a career counselor and join networking groups. You might also try to improve your sleep by: 1. Winding down early the same time every night; 2. Refraining from caffeine after 1 p.m.; and 3. Limiting stimulation like television and the Internet before bed.

No insurance necessary

KIM SCHNEIDERMAN, MSW, LCSW

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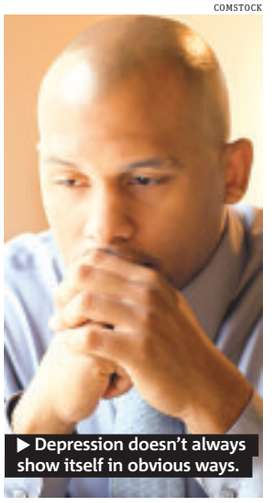

▶ Depression doesn't always show itself in obvious ways.

***— Kim Schneiderman, MSW, LCSW,** is a psychotherapist and former journalist with a private practice in New York City. She is currently working on her first book, "How to Be the Star of Your Own Story: Writing the Path to Personal Transformation," based on her therapeutic writing workshops at the 92nd Street Y and JCC in Manhattan. E-mail her your questions at askkim@metro.us.*

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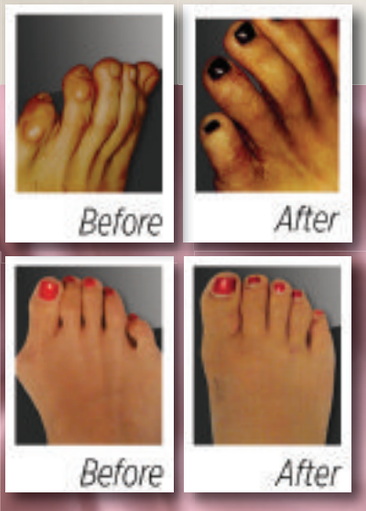

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Letters

letters@metro.us

End violence through knowledge

After reading the letter titled "Coverage of Sikh temple killings found wanting" by Jahed Ahmed, I find it is profoundly true that this unfortunate, horrible incident was not given the media coverage it deserved. I agreed with Mr. Ahmed that this was NOT an act of mistaken identity but indeed premeditated. The people of this country need to educate themselves on the other religions and understand their beliefs. It is a real shame that immigrants are not yet accepted in this country and a bigger shame that those that kill and hurt these innocent, God-loving people will never understand that most of them came to this country to better themselves. Wake up America, this country was built by immigrants — and regardless how you want to take it, they are here to stay. You can kill, but you cannot kill the love these people have for humanity. It only strengthens it.

AMY ALI, VIA E-MAIL

What does it matter about tax returns?

I could not care less whether Mitt Romney produces his tax returns. I am not voting for him or Obama. The lesser of two evils is not the correct choice. People should vote their conscience. That being said, why should Romney have to produce his tax returns? Why does anyone have the right to know what he does with his money? You wouldn't want people demanding for you to produce your tax returns, so why should you demand it from him? To all you people clamoring about Romney's tax returns, you're starting to sound a lot like Donald Trump and the "birthers." This is a dead issue meant to distract the public yet again from the real issues.

KELLY DONNOE, LYNBROOK

Congress should take more mental health days

Congress adjourning and leaving Washington for a five-week recess is actually great news. Our civil and economic liberties are continually at risk when any legislative body is in session. Elected officials on a bipartisan basis routinely pass legislation to increase spending, taxes, borrowing and deficits. They also pass bills benefiting their "Pay for Play" contributors, funding pork barrel member items along with new rules and regulations infringing on our day-to-day lives. When Congress is not working, they can't cause mischief and grief for the rest of us. I wish they would stay home even longer!

LARRY PENNER, GREAT NECK, N.Y.

US road paved with bad choices

Sure, President Obama inherited all sorts of problems from George W. Bush, that diabolical nightmare. But that doesn't let Obama off the hook. He has perpetuated these useless wars, practically ruined our economy with those bailouts, gun-running in Mexico to their drug lords, and worse. That's not to say we'll be any better off with Romney in the White House. But we still have choices other than Tweedle-Dee and Tweedle-Dum. Unfortunately, the American people will likely vote that way.

FRANK ST. GEORGE, VIA E-MAIL

E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♌ Leo **July 23-Aug. 22.** If a friend helps you work your way through a critical problem, be sure to acknowledge the efforts that he or she put forth on your behalf when others ask how you did it.

♍ Virgo **Aug. 23-Sept. 22.** Avoid taking a side, no matter how hard others try to make you do so. Once the lines are drawn, it could be extremely difficult to get out of your position if and when you want to.

♎ Libra **Sept. 23-Oct. 23.** Be careful how you respond to the barbs of your peers so that you don't end up being labeled a poor sport. Both your personality and image are more vulnerable than usual.

♏ Scorpio **Oct. 24-Nov. 22.** If you should encounter a friend who holds opposing opinions equally as strong as yours, avoid all volatile issues. It's possible that you both have chips on your shoulders.

♐ Sagittarius **Nov. 23-Dec. 21.** It behooves you to be a bit more security-conscious than usual regarding your prized possessions. Leave nothing lying around for others to take.

♑ Capricorn **Dec. 22-Jan. 19**. It's wise to analyze things before taking action, but you could go overboard and cause yourself to be so and indecisive that you get bogged down.

♒ Aquarius **Jan. 20-Feb. 19.** Wanting to be kind and helpful to others is admirable, but you must be careful not to let people who are capable of fending for themselves burden you with their baggage.

♓ Pisces **Feb. 20-March 20.** Say "no" and mean it if some of your peers attempt to entice you into doing something that doesn't serve your best interests. Maintain your high standards and morals.

♈ Aries **March 21-April 19.** Depression could consume you if you permit yourself to believe that everything works out well for everybody but you. Today, you wouldn't want to change places with others if you could.

♉ Taurus **April 20-May 20.** Volatile subjects need to be avoided, because they could easily get out of hand and lead to heated exchanges. Stick to lighter subjects.

♊ Gemini **May 21-June 20.** Run and hide if you see a person coming toward you who is always borrowing something from you but never returns anything. Be smart and let history guide you.

♋ Cancer **June 21-July 22.** Check out what another knows before you allow him or her to make an important decision for you. Don't just assume that this individual has all the facts at hand. **BERNICE BEDE OSOL**

Across
1 Valentine color
4 Entertainment acronym
9 District
13 Cartoon chipmunk
14 Dupe
15 Neat as __ __
16 Belgian river
17 Shopping plazas
18 Huff and puff
19 Got up late (2 wds.)
21 Office gadget
23 Just made
25 Snooty
26 Opening remarks
29 Once more
31 Honshu metropolis
32 Pueblo Indian
33 Slalom obstacle
37 __ Magnon
38 Overture
41 Geese formation
42 Latch
44 Bearded flower
45 Luster
47 Deceived (2 wds.)
49 __ petrel
50 Bribe, informally
53 Freighter hazards
55 Chopper's destination
57 Flitting
61 Mideast nation
62 John Lennon hit
64 Sooner city
65 Confident
66 Scope
67 Incites Rover
68 Bygone tyrant
69 Trips around the sun
70 Sault __ Marie

Down
1 Means of shipping
2 Threat ender
3 Make tempura, e.g. (hyph.)
4 Rome's legions
5 Connery and Penn
6 EMT technique
7 Painting, sculpture, e.g.
8 Not c.o.d.
9 Shocking
10 Whitish gems
11 WXY phone buttons
12 Admission
13 Two, in Tijuana
20 Go crowding in
22 "Exodus" character
24 Trucking
26 Get poison ivy
27 Mrs. Charles
28 Ring stats
30 Wildebeests
32 Zilch
34 State positively
35 Rain hard
36 Counting-out start
39 Gallop off (2 wds.)
40 Organic compound
43 Blunter
46 Party thrower
48 Clairvoyance
49 Leans
50 Seance invitee
51 Twin of Romulus
52 A moon of Jupiter
54 "Robin __" of balladry
56 Taj Mahal feature
58 __ __ for keeps
59 Amiable
60 Mdse.
63 CEO degree

	8		7				9	6
	6	5		9				
		1						
8				5	6	2	3	
		9	8		1	6		
	1	3	4	2				8
						3		
				7		8	2	
3	2				5		4	

SUDOKU **LEVEL: EASY**

			4	5		9		6
2	5		1				3	
4		9			7			
				9	3	1		
3				2				5
		8	7	4				
			9			4		2
	8				4		1	7
7		2		1	6			

SUDOKU **LEVEL: HARD**

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.
You solve the puzzle with reasoning and logic.

SUDOKU SOLUTIONS: WWW.METRO.US/PUZZLES

Solution to weekend's crossword

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AIDA LOLL ANIMA
LAZY CUKE RAVED
PRESCOS CARBAGE
FAVA COLLAR
ENCORE AZURE
ZORRO INIT PCT
RIA BLOGGED AHA
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Giants get mixed bag

Coughlin unhappy with muffed punts leading to Jaguars comeback win ◗ Happy to use as teaching aides ◗ Manning praises first team offense

The Giants lost their preseason opener to the Jaguars, 32-21, but that's beside the point. During the exhibition season, wins and losses aren't as important as execution and staying healthy. Thankfully for banged-up Big Blue, the latter was maintained. But unfortunately for the defending world champs, the former was severely lacking.

Head coach Tom Coughlin was dismayed at how they lost, as the Giants squandered leads of 17 points in the second quarter and 10 points in the fourth — largely due to muffing two punt returns.

"It was very disappointing to come here and be up 24-7 and lose the game," Coughlin said. "We have a lot to learn from this and a lot to improve upon."

Coughlin added it was almost a blessing to have seen the warts this early so they have time to correct things.

"We are under no illusions as to the amount of improvement we need," Coughlin said. "But we got enough good things on tape to use as teaching and coaching aides. We can correct things and that is really what these games are all about."

SCOTT CUNNINGHAM/GETTY IMAGES

▶ Martellus Bennett looked good in his Giants debut, catching a touchdown pass from David Carr.

The good news is the first unit looked significantly stronger than the next few groups to get in the game as time wore on.

"I have [looked at the game film], and I thought that the first unit was pretty good," quarterback Eli Manning said yesterday in the team's first day back at practice after Friday's game. "Obviously, there are some things that we can clean up, but we were very close to being very good. I thought the guys were sharp and running around well and close to scoring on all three possessions that we had. I think, overall, it would be something to learn from.

"I can't recall every first preseason game [in my career], but I thought overall that the first unit was good. From our first drive, we went down there and at least got a few first downs and moved the ball."

TONY WILLIAMS
sports@metro.us

3 THINGS LEARNED FROM JETS' PRESEASON DEBUT

Rex needs to go back to the drawing board on the offensive line.

1 The offensive line is still downright offensive

The much-maligned offensive line of last year looked no better this go around, with the Jets giving up five sacks for 40 yards.

There was confusion in all parts of the line, with D'Brickashaw Ferguson struggling and right tackle Wayne Hunter not looking much better than his overall poor showing last year. There is also serious need for a blocking tight end on this team, something the Jets don't have on their roster.

"The offensive line takes all the blame, of course, when your quarterback gets hit. On some of those, the ball has to come out," head coach Rex Ryan said. "Now there were also a couple where maybe it could have been guys getting beat physically."

2 Coples looks like he was worth the pick

In his first taste of the NFL, the Jets' top draft pick played all four quarters and showed flashes of why he was the No. 16 pick in the NFL Draft.

Quinton Coples, a rookie out of North Carolina, was disruptive off the edge and consistently applied pressure. Ryan called Coples "tremendous" with five tackles, including a sack and a tackle for a loss.

"I did very well. I don't have a grade for it, but I was very productive. I also have a lot to improve upon as well," Coples said. "I look forward to looking at this game on film and correcting my mistakes."

3 Tim Tebow still exists, but he's still the backup

Yes, the most hyped debut of a backup quarterback — or perhaps any quarterback — in franchise history was the second quarter insertion of Tim Tebow into the game.

True, Tebow made two special teams appearances before that, but when he entered the game under center, all eyes were on him.

The Jets didn't use any trick plays or any of their Wildcat offense, but Tebow still made plays with his feet, leading the Jets in rushing with four carries for 34 yards. He was also 4-for-8 for 27 yards passing the ball, including an interception. He was perhaps better than expected. **KRISTIAN DYER**

In the news

Chad Johnson released from jail after arrest

Former Bengals and Patriots wide receiver Chad Johnson was arrested on Saturday for allegedly head-butting his wife. He was charged with misdemeanor domestic battery and spent the night in jail. His wife, Evelyn Lozada, appears on the reality TV show "Basketball Wives." Johnson's current team, the Dolphins, said they would "deal with the issue." **METRO**

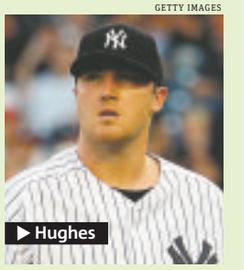
In the news

McIlroy wins

Golf's final major, the PGA Championship, was shuffled to the background with the Olympics underway, but Rory McIlroy won't complain.

McIlroy won the event in dominating fashion, shooting 13-under par for the tournament — eight strokes clear of the rest of the field. It was McIlroy's second career major. He won the U.S. Open in 2011.

GETTY IMAGES



▶ Hughes

Jays bomb Hughes to avoid sweep

The Yankees' hot streak slowed thanks to an awful performance from Phil Hughes in Toronto.

Hughes lasted just four innings and allowed seven earned runs as they lost 10-7. Rajai Davis led the charge for the Blue Jays with five RBIs. Edwin Encarnacion also hit his 30th home run of the season. J.A. Happ got the win despite allowing four runs of his own.

The Yankees had won four games in a row to stop the momentary questions of a Baltimore comeback.

Yanks add past Sox star

There was one time the Yankees feared Derek Lowe. Now, he's just a spare part the team picked up for depth.

Lowe, who was designated for assignment by the Indians on Saturday, is reportedly close to agreeing to terms with the Yankees.

Lowe would provide depth for the Yankees as Andy Pettitte continues his rehab and CC Sabathia goes on the DL.

Patriots work out Burress

The man who scored the touchdown to end the Patriots' quest for an unbeaten season in 2007 may be joining them.

ESPN's Adam Schefter reported yesterday free agent wide receiver Plaxico Burress will work out for New England with an eye toward signing a deal. Burress last played for the Patriots' main rivals, the Jets, in 2011.

MARK OSBORNE

US withstands game Spain team to win gold

Spain didn't make it easy on the preordained Olympic champions, but the United States pulled away late to take their second straight gold medal.

The game was tied 80-80 with 2:19 left in the third quarter and was just a one-point game heading into the fourth, but LeBron James was too much down the stretch. The U.S. won, 107-100.

"A lot of teams have won gold easy. We didn't want it that way," James said. "We're a competitive team, and we love when it gets tight. That's when our will and determination kind of shows. It was the same way in '08."

James scored 19 points in the game, including seven in the fourth quarter. Kevin Durant led Team USA with 30 points on 8-of-18 shooting and had nine rebounds.

156

Kevin Durant broke the record set by Spencer Haywood in the 1968 Olympics by scoring the most points ever (156) by a player in one Olympic Games.

The early story was the shooting of Spain's Juan Carlos Navarro. The veteran hit three 3-pointers in the first three-plus minutes of the game. But it was the performance of Pau Gasol in the third quarter that kept Spain alive. With his brother Marc on the bench with four fouls, Gasol had the team's first 13 points of the second half.

MARK OSBORNE
mark.osborne@metro.us

GARRETT ELLWOOD/NBAE/GETTY IMAGES

▶ Carmelo Anthony scored eight points off the bench as the U.S. men's basketball team clinched gold.

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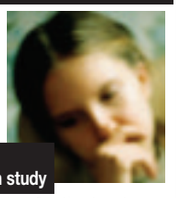
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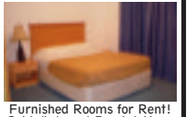
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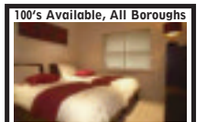
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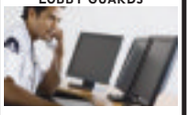
Security / Law Enforcement

CORPORATE SECURITY/ LOBBY GUARDS



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FRONT DESK GUARDS
Wall St. location, no exp necessary. Pay up to $13.25 p/hour. Call Lt. Kelly 347-246-9305

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Pay up to $18.50/hr.
Need to start THIS WEEK
Call 646-220-0516

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SECURITY GUARDS
For Premiere Show Center
in Midtown NYC
Show running from Aug. 15th thru Aug 25th. Shifts Avail. Monday thru Friday 8a-4p, 4p-12m, 12m-8a.
MUST WORK WEEKENDS
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Apply in person beginning August 13th, Monday-Friday 9:30a-4p.
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Security / Law Enforcement

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Transportation / Travel

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DRIVERS- Bklyn co. CDL "BPS" Lic req. Board of ED & pvt work. FT/PT Span. for BOE cert Apply 141 Hinsdale (Pitkin/Glenmore) 718-485-8002

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★ Must be at least 21 years of age
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★ Cannot have more than 4 points or a combination of 3 accidents / moving violations within last 3 yrs
★ Must be able to read, write and communicate in English
★ Knowledge of the 5 boroughs a plus
Benefits
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Applicants must apply in person: 2283 Blackrock Ave, Bronx, N.Y. 10462, 9:00 am - 2:00 pm

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★ AUTO SERVICE MANAGER TECH ★
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Auto Service Writer/Counter Person
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★ AUTO Transmission Installers ★
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PLUMBERS MECHANIC- Knowl of boilers.
Drivers lic. nec. Call 718-326-0047

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Legal Notices

NOTICE IS HEREBY GIVEN that a license, #TBA for Liquor has been applied for by the undersigned to sell Liquor at retail in a restaurant under the Alcoholic Beverage Control Law at: 66 70 West 45 St., New York, NY 10036 for on-premises consumption. Restaurant at Cassa NY LLC.

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, August 29, 2012 at 2:00 p.m. at 66 John Street, 11th floor, on a petition from Abitino's Pizza 49 Street Corp. to continue, to maintain and operate an enclosed sidewalk café at 936 Second Avenue in the Borough of Manhattan for a term of two years.

REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

NOTICE IS HEREBY GIVEN that a license, serial # 1262746, for Wine, & Beer has been applied for by the undersigned to sell Wine, & Beer at retail in a restaurant under the Alcoholic Beverage Control Law at 1047 2nd Avenue, New York, NY 10022 for on premise consumption. Arata Japanese Restaurant Inc.

NOTICE IS HEREBY GIVEN that a license, serial # 1263257, for Wine, & Beer has been applied for by the undersigned to sell Wine, & Beer at retail in a restaurant under the Alcoholic Beverage Control Law at 4110 Main Street, Flushing, NY 11355 for on premise consumption. Mu Lin Inc.

NOTICE IS HEREBY GIVEN that a license, number 1264882 for Wine, has been applied for by the undersigned to sell Wine at retail in the restaurant under the Alcoholic Beverage Control Law at 128 W 36th St., New York, NY 10018 for on-promises consumption. Aki Sushi West Inc.

NOTICE IS HEREBY GIVEN that a license, #TBA for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant, under the Alcoholic Beverage Control Law at: 121 Ludlow St. New York, NY 10002 for on-premises consumption. VIAPRE LLC.

PLACE A LEGAL/ PUBLIC NOTICE:
Name Changes, Liquor Licenses, Sidewalk Café
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jim.colarusso@metro.us

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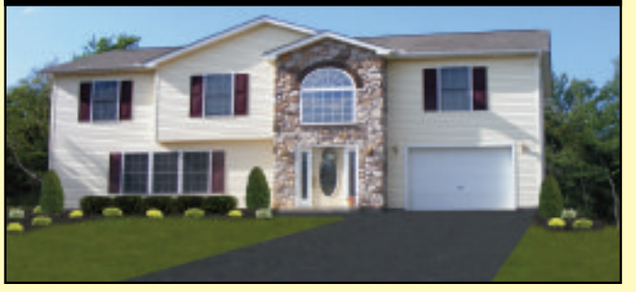

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